

Annual Training Plan

Annual Plan																	
Event Group: Sprinters																	
Period	Preparatory							Competitive							Transition		
Phase	General Preparation 1			General Preparation 2				Pre-Competition				Competition					
Mesocycle	Acceleration & Strength Development			Recovery	Speed Development 1			Recovery	Speed Development 2			Recovery	Speed Endurance	Special Endurance - Peak Performance			
Week #:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Date	18-Feb	25-Feb	4-Mar	11-Mar	18-Mar	25-Mar	2-Apr	8-Apr	15-Apr	22-Apr	29-Apr	6-May	13-May	20-May	27-May	3-Jun	
Microcycle	Intro/Evaluations		Dual Meet - OJ/Palms	Sweetwater Relays/Astec Invite	Dual Meet - Montgomery/Calvin Christ and Mt. Carmel Invite	Spring Break 1	Spring Break 2/Dual Meet - Olympian/Arcadia Invite	Dual Meet - Bonita Vista	Dual Meet - Olney Ranch/Varsity Relays/Mt. SAC	Dual Meet - Hilltop/BROOK SOPH	Dual Meet - Carlsbad	Mesa League Champs	CIF Prelims	CIF FINALS	STATE MEET - (Clovis, CA)	Recovery & Transition	
Focus Index																	
Speed	1 - 5	1	1	2	1	2	3	4	2	3	4	5	3	2	1	0	
Strength		2	2	3	3	4	5	3	2	3	2	3	3	1	1	0	
Technique		2	1	1	2	2	2	3	3	3	4	4	3	3	3	0	
Endurance		3	4	5	2	3	1	1	2	1	1	3	3	3	2	2	0
Coordination		2	2	3	2	3	4	4	2	5	4	3	3	2	1	1	0

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David Parmenter

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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proceedings published after the conference as Late Breaking Work papers and posters The contributions thoroughly cover the entire field of HCI addressing major advances in knowledge and effective use of computers in a variety of application areas

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Parmenter,2015-04-13 Streamline KPIs to craft a simpler more effective system of performance measurement Key Performance Indicators provides an in depth look at how KPIs can be most effectively used to assess and drive organizational performance Now in its third edition this bestselling guide provides a model for simplifying KPIs and avoiding the pitfalls ready to trap the unprepared organization New information includes guidance toward defining critical success factors project leader essentials new tools including worksheets and questionnaires and real world case studies that illustrate the practical application of the strategies presented The book includes a variety of templates checklists and performance measures to help streamline processes and is fully supported by the author s website to provide even more in depth information Key Performance Indicators are a set of measures that focus on the factors most critical to an organization s success Most companies have too many rendering the strategy ineffective due to overwhelming complexity Key Performance Indicators guides readers toward simplification paring down to the most fundamental issues to better define and measure progress toward goals Readers will learn to separate out performance measures between those that can be tied to a team and result in a follow up phone call performance measures and those that are a summation of a number of teams working together result indicators look for and eradicate those measures that have a damaging unintended consequence a major darkside Sell a KPI project to the Board the CEO and the senior management team using best practice leading change techniques Develop and use KPIs effectively with a simple five stage model Ascertain essential performance measures and develop a reporting strategy Learn the things that a KPI project leader needs to know A KPI project is a chance at a legacy the project leader facilitator or coordinator savvy enough to craft a winning strategy can affect the organization for years to come KPI projects entail some risk but this book works to minimize that risk by arming stakeholders with the tools and information they need up front Key Performance Indicators helps leaders shape a performance measurement initiative that works

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